

For More Info About WIC

Call: (207)992-4571

1-800-470-3769

Maine Relay 711
(TTY)

Or Go Online:

<https://www.bangorpublichealth.org>

www.maine.gov/wic



WIC APPOINTMENTS

**WIC is
completing
appointments
in the office but
remains flexible
at this time.**

**We are
completing
appointments
both in-person
and by phone.**

Thank you

**This institution
is an equal
opportunity
provider**

wic Newsletter

JUNE 2022



Farmers' Market season starts in July!

**This year Farmers' Market benefits
will be automatically issued to
eligible participants electronically.
No need to pick up checks!**

Maine WIC is excited to announce that Cash Value Benefit for fruits and vegetables can once again be spent with Maine eWIC certified farmers!

Visit www.maine.gov/wic to learn more about how CVB is changing and how to use your benefit with local farmers year round.

WIC CVB will now be on the BNFT app.

Download the BNFT app or visit mybnft.com and click "sign up." Enter your card number, zip code, and date of birth, then create an account using an e-mail address and password.



Apple App Store



Google Play Store



**Our office will be
closed for the holiday on
Monday, June 20th**



DID YOU KNOW?

Did you know canned and frozen fruits and vegetables are processed within hours of harvesting?

By freezing/canning as close to harvesting as possible the nutrient loss of the produce can actually be less than a fresh produce item! Depending on the item canning and freezing can actually have higher available nutrients than the traditional produce!

Using canned/frozen items can also help you stretch your WIC benefits longer for your family. By using canned/frozen vegetables that are recipe ready you can save time, money and even increase your families fruit and vegetable intakes especially if some items are not in season or available where you live.



Frozen fruit cobbler

Ingredients:

6 cups frozen fruit of your choice (peaches, berries, strawberries or even rhubarb work great!)

$\frac{3}{4}$ cup whole wheat flour

2 cups oats

$\frac{1}{4}$ cup sugar

1 tsp lemon juice

1 tsp lemon zest

1 tsp vanilla extract

1 tsp cinnamon

$\frac{1}{2}$ cup cold butter

$\frac{1}{2}$ cup nuts

Directions:

1. Preheat oven to 350F
2. Mix frozen fruit, sugar, lemon juice, lemon zest and whole wheat flour together in a bowl until everything is evenly coated. Pour the mixture into a lightly greased casserole dish.
3. Mix cold butter, oats, flour, cinnamon, and vanilla extract into a bowl. Using your hands or a fork, evenly mix the ingredients until they are combined into a crumbly texture.
4. Place the crumble mixture over the frozen fruit mixture and bake for 1 hour or until the filling is bubbly and the topping is golden brown.

Enjoy this dessert warm or cold with your favorite ice cream, whipped topping or plain! Enjoy!

<https://ameessavorydish.com/triple-berry-crisp-2/#recipe>

Extra \$\$ for fruits and veggies



through September 2022!

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Community Services